

SLEEP Fact Sheet

Get better sleep

1



Consistent bedtime routines! This refers to going to bed and waking up at the same time.

3



No electronics before bed. AND devices kept out of the bedroom.

2



Having a dark and comfortable bedroom.

4



Avoid physical activity and large meals close to bedtime.

RECOMMENDED HOURS OF SLEEP

Age Group	Age Range	Recommended Hours
Newborn	0-3 months	14-17 hours
Infant	4-11 months	12-15 hours
Toddler	1-2 years	11-14 hours
Preschool	3-5 years	10-13 hours
School age	6-13 years	9-11 hours
Adolescent	14-19 years	9 hours
Adult	20 years +	7-8 hours

Ask for help.

With the chores, grocery shopping or even watching over the baby so you can get some sleep.

For professional help, seek out:

- Child and Family Health Nurses
- GPs
- Pediatricians

Sleep while the baby sleeps.

Newborns frequently nap, lasting between 2-4 hours, totaling 16-18 hours of sleep daily. Carers that only sleep during the night are often severely sleep deprived. A power nap – 10 or 20 minutes long – can be enough to help recharge and help reduce stress levels.

References

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